



MISSISSIPPI DUCK GUMBO

BROTH:

4-5 medium ducks, skinned
1 medium onion, chopped
2 carrots, cut into 2" pieces
1 bay leaf
1-2 qts. water

ROUX:

$\frac{3}{4}$ c. oil
 $\frac{3}{4}$ c. all-purpose flour

3 medium onions 2 Tbsp. Worcester Sauce
3 medium peppers 1 Tbsp. salt
2 c. celery 2 Tbsp. pepper
1 clove minced garlic $\frac{1}{2}$ tsp. oregano
 $\frac{1}{2}$ tsp. Thyme
1-10 oz. Bag of okra OR gumbo vegetables
1-28 oz. Can whole tomatoes - drained, cut up

**Now We're
Cookin'!**
with
Martha Daniels

In a large stock pot, combine skinned ducks, onion, carrots and a bay leaf...adding enough water to cover the ducks. Bring to a boil, then reduce the heat, cover, and simmer for an hour to an hour and a half. Remove the ducks, strain and reserve the broth, and discard the vegetables. Remove the duck meat from bones and cut it into small pieces. Skim the broth, measure 1 quart and set aside.

Heat oil in a large pot over medium heat, and blend in flour. Cook, stirring constantly, until the roux is golden brown...around 30 minutes. Carefully stir in onions, pepper, celery & garlic. Cook, stirring constantly, until vegetable are tender. Stir in duck meat, reserved broth and remaining ingredients except the okra. Heat to boiling, stirring occasionally. Reduce heat and simmer uncovered for about 30 minutes. Stir in okra, simmer another 30 minutes and serve over hot cooked rice.